



YUMA REGIONAL
MEDICAL CENTER



2022-23 Yuma County **Community Health**
IMPROVEMENT PLAN

Yuma Regional Medical Center 2022/23 CHNA Implementation Plan

Addressing Significant Health Needs

Yuma Regional Medical Center and Yuma Rehabilitation Hospital conducted a Community Health Needs Assessment in 2022. Working collaboratively with our Yuma County public health partners and Southwest Arizona Town Hall (formerly known as the Southwest Arizona Futures Forum, or SAFF), Yuma Regional Medical Center adopted the below-listed community health priorities as a working document and vision to address the top health concerns within our defined service area, Yuma County. In alignment with our mission, goals and strategic priorities, Yuma Regional Medical Center will focus on the below listed five (5) priorities:

1. Mental Health
2. Substance Abuse
3. Access to Healthcare Services
4. Diabetes
5. Cancer

Strategies for addressing these identified health priorities are outlined below.

Priority Area: Mental Health

High incidence of those who reported fair or poor mental health. Symptoms of chronic depression. Suicide deaths (particularly in young adults), ratio of mental health providers. Of note, key informants rated mental health as a top concern.

Goals:

- Increase availability / access to behavioral health providers in community
- Reduce ER holding times due to lack of inpatient psychiatric facility beds
- Reduce ER transfers of psychiatric inpatients to facilities outside of Yuma County
- Increase awareness among adults and teens alike, related mental health wellness strategies and coping skills

Strategy 1: Recruit additional behavioral health providers to community to expand access to care (increased providers = more appointments)

Target Population(s): Patients currently needing to travel for care due to no available providers / appointments.

Strategy 2: Initiate community coalition to minimize duplication of resources and eliminate gaps in care.

Target Population(s): Community leaders, key stakeholders, social service, law enforcement and those directly impacted (families / patients).

Strategy 3: Expand local availability of behavioral health services (*acute inpatient and intensive outpatient behavioral health services*) – reduce need travel out of town for care.

Target Population(s): Yuma County service area. Patients and families seeking services.

Strategy 4: Partner to host behavioral health educational sessions to build community awareness and support.

Target Population(s): School systems, adult care facilities, caregivers and directly impacted patients and families.

Strategy 5: Develop and implement Psychiatry Residency program to grow and retain psychiatrists in our community.

Target Population(s): Yuma County service area.

Priority Area: Substance Use

High incidence of cirrhosis, liver disease death, excessive drinking, unintentional drug-related deaths, illicit drug use. Key informants ranked substance use as a top concern. A total of 24.1% of area adults are excessive drinkers (heavy and/or binge drinkers).

BENCHMARK ► Higher than found across Arizona.

TREND ► Marks a significant increase since 2019.

DISPARITY ► Highest in Yuma. More often reported among men, adults younger than 65, Hispanic.

Barriers to access attributed: Lack of locally available detox and support groups.

Goals:

- Reduce number of patients having to travel out of town for substance detox and treatment.
- Expand awareness / education among students and parents.

Strategy #1: Develop acute medical detox and treatment services in Yuma County

Target Population(s): Yuma County service area

Strategy #2: Partner with community leaders, schools and families to enhance awareness through outreach and education

Target Population(s): Yuma County service area

Strategy #3: Recruit a hepatology practitioner

Target Population(s): Yuma County service area

Strategy #4: Develop curriculum for Family Medicine residents in partnership with psychiatry program – to include detox medicine.

Target Population(s): Yuma County service area

Priority Area: Access to Health Care Services

Barriers to access attributed to: Inconvenient office hours, lack of available appointments (wait time to get an appointment), primary care physician ratio well below national standard. Emergency department utilization burdened with high volume of non-acute care.

Goals:

- Expand availability of appointments / reduce wait time for appointments
- Expand availability of primary care providers across community
- Improve physician-to-population ratio

Strategy #1: Expand Family & Community Medicine Residency program (growing our own)

Target Population(s): Medical students with strong interest in serving community

Strategy #2: Expand clinic hours and location to serve more people

Target Population(s): New graduate physicians serving Yuma County residents and visitors

Strategy #3: Recruit and retain additional providers to meet community need

Target Population(s): New graduate physicians serving Yuma County residents and visitors

Priority Area: Diabetes

High incidence of deaths attributed to diabetes. Overall prevalence of diabetes is high among adults. Kidney disease deaths / prevalence. Key informants ranked diabetes as a top concern.

Goals:

- Reduce incidence through diabetes education (inpatient & outpatient)
- Recruit additional providers to include pediatric endocrinology

Strategy #1: Expand availability of diabetes support / education (inpatient & outpatient)

Target Population(s): Patients diagnosed as diabetic or borderline

Strategy #2: Recruit additional specialists (adult endocrinology)

Target Population(s): Serving Yuma County residents and visitors

Priority Area: Cancer Care

Cancer is a leading cause of death in Yuma County. Identified high prevalence of cancer (non-skin) in Yuma County.

Goals:

- Improve lung cancer early detection / reduce deaths
- Increase local availability of advanced clinical trial / treatments

Strategy #1: Implement lung screening program

Target Population(s): Yuma County service area – patients with history of smoking

Strategy #2: Invest in advanced clinical research facilities and programs

Target Population(s): Yuma County service area

Strategy #2: Recruit additional radiation oncology and palliative care providers

Target Population(s): Yuma County service area

Secondary focus:

It should be dually noted the below listed identified health needs will remain visible and may be addressed as resources allow – to include potential community partnerships that minimize duplication of effort: **Nutrition, Heart Disease and Stroke, Respiratory Disease, Infant Health & Family Planning, Injury & Violence, Physical Activity & Weight, Potentially Disabling Conditions, Tobacco Use, Oral Health.**